

Pre-prep Summer Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break	Classic sandwich	Little bacon rolls	Parmesan & rosemary shortbread	Pizza stick	
Main Meal	Classic Lunch Pork schnitzel with garlic, sage & mushroom sauce	Curry Curry! Chicken curry with lime lemongrass & mango	Traditional Italian Ragu bolognaise with pasta shapes	Taco Thursday Melting pork tacos with sour cream & tropical guacamole	
Meat Free	Baked egg shakshuka	Cauliflower pakora with chickpea masala	Aubergine parmigiana	Cheese & caramelized onion tart	
On the Side	Sweetcorn & peas roast new potatoes with thyme	Steamed rice, broccoli & courgettes	Cheesy onion bread & summer mixed salad	Crispy diced polenta potatoes, nachos, sweet corn & sauté peppers	
Salad & Fruit	Simple salad & cut fruit selection	Simple salad & cut fruit selection	Simple salad & cut fruit selection	Simple salad & cut fruit selection	
Dessert	Pineapple upside down cake	Strawberry cheesecake	Jelly pots	Chocolate chip sponge & choc icing	
After School Club Snack	Fresh cut fruit & sandwich selection TREAT 'Wait & see'	Fresh cut fruit & sandwich selection TREAT 'Wait & see'	Fresh cut fruit & sandwich selection TREAT 'Wait & see'	Fresh cut fruit & sandwich selection TREAT 'Wait & see'	

Prep Summer Breakfast

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Items	Grilled bacon Fried eggs Mushrooms Potatas bravas	Pancakes with summer fruit compote & maple syrup & Fruit smoothie	Back bacon Scrambled eggs Hash brown Plum tomatoes	Grilled sausage Eggy bread Mushrooms Baked beans	Bacon English muffins Poached egg Grilled tomatoes		
Fruit	Whole fruits & fruit juices	Whole fruits & fruit juices	Whole fruits & fruit juices	Whole fruits & fruit juices	Whole fruits & fruit juices		
Daily Breakfast Items	Porridge station Cereal bar Yoghurt station Toast, spread & preserves	Porridge station Cereal bar Yoghurt station Toast, spread & preserves	Porridge station Cereal bar Yoghurt station Toast, spread & preserves	Porridge station Cereal bar Yoghurt station Toast, spread & preserves	Porridge station Cereal bar Yoghurt station Toast, spread & preserves		
Morning Break	Indian samosa Water & fresh fruit	Pesto palmiers Water & fresh fruit	Granola bar Water & fresh fruit	Parmesan & rosemary shortbread Water & fresh fruit	Pizza stick Water & fresh fruit		

Prep Summer Lunch

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Sweet potato & coconut Served with homemade bread	Dhal soup Served with homemade bread	Leek, potato & watercress Served with homemade bread	Roast cauliflower & cumin Served with homemade bread			
Favourite	<u>Classic Lunch</u> Pork schnitzel with garlic, sage & mushroom sauce	<u>Curry Curry!</u> Chicken curry with lime lemongrass & mango	<u>Traditional Italian</u> Ragu bolognaise with pasta or salmon, spinach pasta bake	<u>Taco Thursday</u> Melting pork tacos with sour cream & tropical guacamole			
Meat Free	Baked egg shakshuka	Cauliflower pakora with chickpea masala	Courgette & lemon risotto	Cheese & caramelized onion tart			
On the side	Sweetcorn & peas roast new potatoes with thyme	Steamed rice, broccoli & courgettes	Cheesy onion bread & summer mixed salad	Crispy diced polenta potatoes, nachos, sweet corn & sauté peppers			
Dessert	Pineapple upside down cake	Strawberry cheesecake	banana toffee pudding with cream cheese frosting	Chocolate chip sponge & choc icing			
Cold & Sweet	Yoghurt pots Fruit jelly pots	Yoghurt pots Fruit jelly pots	Yoghurt pots Fruit jelly pots	Yoghurt pots Fruit jelly pots			
Fresh Fruit	Fruit salad pots Selection of whole fruits	Fruit salad pots Selection of whole fruits	Fruit salad pots Selection of whole fruits	Fruit salad pots Selection of whole fruits			

Prep Summer Supper

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Tea	St Clements shortbread Tea, water & fresh fruit	Custard cream fridge cake Tea, water & fresh fruit	Wrapped biscuit Tea, water & fresh fruit	Lemon drizzle Tea, water & fresh fruit			
Main Course	<u>Northern Europe</u> Swedish beef meatballs with cranberry jelly	<u>Comfort Food</u> Cumberland sausage ring with homemade tomato jam or gravy	<u>New Yorker!</u> Pulled BBQ Turkey pretzel with OR Sloppy Joes!	<u>Chinese Takeaway</u> Beef with hoi sin sauce bao buns & sweet chilli sauce			
Meat Free	Chargrilled vegetable & tempeh kebabs with lemon dressing	Giant vegetable sausage roll	Falafel subs with crispy spinach and salsa	Veggie bao buns with spicy tofu & cauliflower			
On the side	Basil oil penne & broccoli	Mashed potato Steamed hispi cabbage & green beans	Spiced Paprika sweet potato wedges, Caesar salad & green beans	Steamed rice, ginger broccoli & pak choi			
In Addition	Bread with spread & butter	Bread with spread & butter	Bread with spread & butter	Bread with spread & butter			
Cold Dessert	Seasonal fruit fool	Marshmallow krispy cake	Chocolate mousse pots	Forest fruit cheesecake			